

Steak with steamed vegetables, soba noodles and ginger sauce

Dietitian's tip: Soba noodles — Japanese noodles made with buckwheat and wheat flour — have a dark brown-gray color. Here they're topped with lean sirloin, fresh asparagus and broccoli florets to make a one-dish meal.

Ingredients:

- 8 ounces loin steak, cut into 1/2-inch strips
- 4 ounces dry soba noodles
- 2 cups chopped fresh asparagus, cut into 1-inch segments
- 2 cups broccoli florets

For the sauce:

- 1/2 cup reduced-sodium soy sauce
- 1/3 cup rice wine vinegar
- 1 tablespoon sesame oil
- 2 tablespoons freshly grated ginger root, peeled
- 1 teaspoon sugar
- Cracked black pepper, to taste



Directions:

Lightly coat a large, nonstick frying pan with cooking spray. Over high heat, saute the strips of steak until slightly pink, about 5 minutes. Set aside on a covered platter to keep warm.

Fill a large pot 3/4 full with water and simmer. Add the soba noodles and cook until almost tender, about 10 minutes, or according to package directions. Drain the pasta thoroughly. Rinse the noodles and drain again.

Meanwhile, in a large pot fitted with a steamer basket, bring 1 inch of water to a boil. Add the asparagus and broccoli florets, cover and steam until tender, about 10 minutes. Add the vegetables to the noodles and toss gently to mix evenly.

To make the sauce, in a small saucepan over medium heat combine the soy sauce, rice wine vinegar, sesame oil, ginger, sugar and pepper. Heat until warmed.

Divide the noodle-vegetable mixture onto warmed plates. Add the strips of steak and drizzle with the sauce. Serve immediately.

SERVES 4

Nutritional Analysis (per serving):

Calories 356

Cholesterol 38 mg

Protein 23 g

Sodium 800 mg

Carbohydrate 32 g

Fiber 5 g

Total fat 15 g

Monounsaturated fat 6 g

Saturated fat 5 g

Potassium 687 mg

Calcium 68 mg

<http://www.mayoclinic.com/health/healthy-recipes/NU00443>